

A Spring “Goal-Getter”

by Tom Warney

In January you said to yourself, “Yes, I know the value of setting goals for myself,” and you set some good ones. Let’s find out how we’re doing. (And if you haven’t yet set those goals, this could be a good time.)

Here’s a quick check list:

1. Do I remember what my goals are? Are they written down and out where I can see them often, or are they buried somewhere under old magazines?
2. Are my goals attractive to me? Do they feel right? Are they compelling and motivating? If not, perhaps I can revisit them and make some changes.
3. Are my goals specific? Remember, a goal like “I want money” can be satisfied by the first nickel you find on the sidewalk.
4. Are these goals under my personal control? If big behaviour changes by someone else, or major readjustments by the universe are required, you may be disappointed.
5. Are my goals the right size? If they’re too big or overwhelming, can I go after them in smaller pieces? Also, meeting these smaller “sub-goals” gives you more gratification, more confidence and more motivation.
6. Do I want “stuff” or “states”? We may think we’re after money, house, cars, clothes and so on, but these may simply be reflections of what we really want — inner states such as security, comfort, happiness, peace, and so on. We base our goals on what is important to us, so it’s important to know what’s important to us.
7. How will I know when I’ve reached my goal? It’s surprising that we can actually reach a goal, but go right on by without acknowledging or enjoying the success. What will I see, hear, feel and be doing when I succeed? When will this be? What am I doing? Who else is there?
8. Am I using all the resources I’ve got? This includes inner resources such as our talents and experience as well as mental factors like confidence, and also outer resources such as friends, mentors and colleagues, and appropriate technology.

9. Have I taken ACTION? Dreaming is good, but we need to take that first step to show the universe that we're committing ourselves in a certain direction. And with every step we take, we see a different perspective — more possibilities and resources can reveal themselves to us as we move ahead.

10. Am I happy? Do we have to wait until we meet all our goals before we allow ourselves to be happy? Or can we be happy now, as we continue to work toward our goals?

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